

# LIFE STORY

## THERAPIES

*your story, your identity, your world*

Place and Culture Mapping can be an amazing way to make visible the often invisible threads that track between who we experience ourselves to be, and the places we spent our formative years.

The idea is to name the cultures of your story – these might physical and geographically bound territories (for me, England, Niger, France) and they might also include cultures that you encountered in these places (for me, American, International School, Missionary) Include any and all that feel significant to you.

Then simply using the basic categories in the left column, note down any associations that come to mind about these cultures. Remember, it's not that everyone would necessarily associate American culture with hand stamped stationary (!) but if you had a beloved teacher who was your first encounter with that style, that might be what says "American" to you! Go with your gut.

This is about bringing to light your personal kaleidoscope of cultures – connecting your experiences with YOU, not an encyclopaedic or anthropologically scientific description.

This is about making sense of your story. And how you came to be.

Enjoy! And take care of you,



<b>PLACE MAPPING</b>	Culture One	Culture Two	Culture Three
Language			
Physical landscape			
Food			
Weather			
Clothing			
Music			
Colours			
Smells			

<b>CULTURE MAPPING</b>	Culture One	Culture Two	Culture Three
Politics			
Honesty			
Work ethic			
Family			
Religion			
Leisure			
Humour			
Children			
Romantic relationships			
Career			
Emotional expression			
Money			
Health and Illness			
Beauty			
Gender roles			